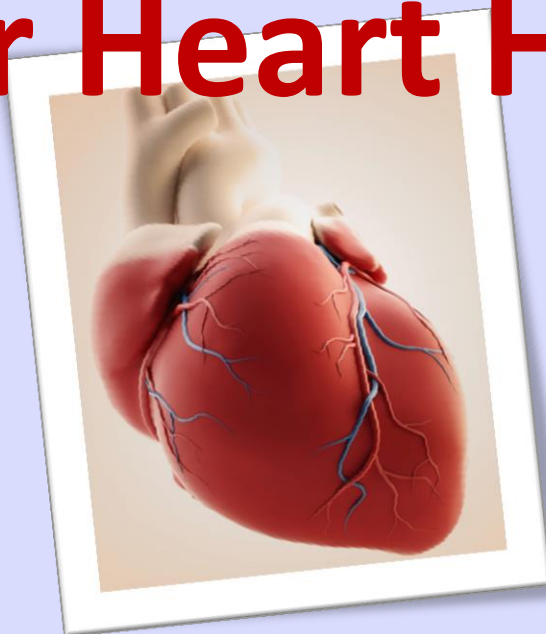


# Is Your Heart Healthy?

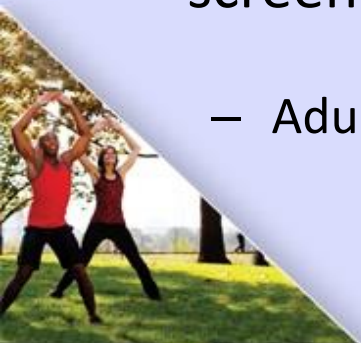


TRICARE TIPS FOR HEALTHY LIVING  
IN SUPPORT OF OPERATION LIVE WELL



# MONITOR YOUR BLOOD PRESSURE

- High blood pressure can lead to coronary heart disease. To screen for cardiovascular disease, TRICARE covers blood pressure screening in children and adults.
- Children between three and six years old, are covered for annual screenings, and every two years after.
  - Adults are covered for blood pressure screening every two years.



# CHECK YOUR CHOLESTEROL

- People who have high blood cholesterol are more likely to get coronary heart disease.
- High blood cholesterol usually has no signs or symptoms so it's important to talk with your doctor about how often you should be tested, especially if high cholesterol runs in your family.
  - TRICARE covers age specific, periodic lipid panels as recommended by the National Heart, Lung and Blood Institute. The current recommendation is once every five years in adults age 20 and over.



# EXERCISE DAILY

- Daily exercise offers tremendous health benefits. Not only does it assist in maintaining a healthy weight, but it also serves as a way to decompress after a stressful day.
- According to the National Institutes of Health (NIH), people gain health benefits from as little as 60 minutes of moderate-intensity aerobic activity per week.



# MAINTAIN A HEALTHY WEIGHT

- The perpetual goal of many these days is to lose weight; however, many people have a goal of losing weight, without knowing what their actual weight should be.
- According to the Centers for Disease Control and Prevention, one way to determine whether your weight is a healthy one is to calculate your "body mass index" (BMI).

To find out how to calculate your BMI, visit:

<http://www.cdc.gov/healthyweight/assessing/index.html>



# GET SOME SLEEP

- The National Institutes of Health reports that sleep deficiency is a common public health problem in the United States. People in all age groups are not getting enough sleep.
- Sleep deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression.
- Read the NIH Infographic [Sleep Disorders & Insufficient Sleep](#) to see why you need sufficient sleep.



# QUIT SMOKING

- Smoking is a leading cause of cancer and death from cancer. It causes cancers of the lung, esophagus, larynx, mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum, and many other illnesses.
- Nonsmokers exposed to secondhand smoke at home or work have a 25 to 30 percent higher risk of heart disease.
- TRICARE covers smoking cessation counseling from any TRICARE-authorized provider in the United States, even if you have not been diagnosed with a smoking-related illness.

[www.tricare.mil/stopsmoking](http://www.tricare.mil/stopsmoking)

# MANAGE STRESS

- Learning how to manage stress, relax, and cope with problems can improve health and prevent heart disease. Having supportive people in your life, physical activity, medicine, and relaxation therapy can help relieve stress. You may want to consider taking part in a stress management program.
  - TRICARE mental health care services are available during times of stress, depression, grief, or anxiety. Visit [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth) or contact your TRICARE regional contractor for more information about getting care.



# RESOURCES

- TRICARE's Live Well healthy living section of TRICARE.mil offers beneficiaries tips and information on how to live a well balanced life. For information on covered services, visit [www.tricare.mil/seewhatscovered](http://www.tricare.mil/seewhatscovered).
- Operation Live Well – The Military Health System's campaign focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long.

